

Another Nail

Three Activities



There are many health risks and dangers in the everyday environment both here and abroad, and they are not always obvious. Our aim is for students aged 13+ to become aware of and discuss these health risks through three stimulating game activities.

The Learning Outcome will be that students will be able to demonstrate a greater understanding of environmental factors that affect people's health.

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Another Nail

Three Activities

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Theme: Health

Age range: 13+

Context:

There are many health risks and dangers in the everyday environment both here and abroad, and they are not always obvious. Our aim is for students to become aware of and discuss health risks through stimulating game activities.

If you have found other health factors you can adapt these games to include them.

Preparation:

Print out the A4 sheets.

If possible, laminate or cover pages with 'clear pvc self adhesive book cover film'. Then cut out the squares to make 'health' cards. We have left two 'health' cards blank so that you can add your own content. Do not laminate the 'coffin cards'.

HOW TO PLAY:

There are three different game activities related to this topic with instructions on the following pages.

The first game involves students sorting the 'health' cards into 'good for you' and 'bad for you' piles. And then sorting the 'bad' cards into things that people have control over and things people cannot control.

The second activity is Another Nail Game which encourages students to discuss various health risks.

In the last game students draw a random card from all the cards, and write a short biography of the kind of person the card depicts.

Learning Outcomes:

Students will be able to demonstrate a greater understanding of environmental factors that affect people's health.

If you have found further learning outcomes please share them by emailing collaborate@mantralingua.com, quoting CITnailo1.o

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(You can purchase a professionally printed, sound-enabled version of this activity with pre-cut cards from www.mantralingua.com. Students can use PENpal to record and re-record aurally onto the pages and cards. Recordings can be saved and used for assessment, or shared with other classes and schools via "ShareLINK".)

Game 1 - Use the health cards for sorting

Sort the cards into "good for you" and "bad for you" piles.
Take the "bad for you" cards and sort them again into two more piles (A-B).

A things that people may have control over

B things that people cannot control

Look at Pile B.

Can you summarise the main reasons illustrated on the cards? Use the checklist to help you.

- stress at work
- illness caused by work
- stress due to poverty
- living in bad conditions
- bad eating habits
- taking no exercise
- drug addiction (smoking, alcohol, pills)
- habits of lifestyle
- pollution of the environment

Game 2 - Another Nail in your Coffin

Read your cards and sort them into four piles (A-B-C-D)

A health affected by conditions at work

B health affected by housing conditions

C health affected by habits

D health affected by environment

Take a coffin sheet and a pen or pencil each. Take it in turns to pick a card from pile A. Read out the card. If it says "Knock in nails" then draw them in on your coffin card.

Each player picks one card only from pile A.
Now do the same for piles B, C and D.

Each player then adds up how many nails their life style has put in their coffin. The **WINNER** is the player with the smallest number of nails in their coffin.

You are very worried about your health.

Three nails go in, because you take a pill for every little ache, sleeping pills in the night and pep pills to keep you awake. Chemists and drug companies love you.



You go for bike rides in the country. You can take the bike for free on the train.

Now you have started going to the swimming baths at least three mornings every week.



You are only happy with a glass of vodka in your hand.

Three nails for you because you also like gin, adore rum and love cider.



You have always been the person who has seen every TV programme.

Three nails because you spend your life in an armchair. The only exercise you get is operating the remote control.



You went to Spain last summer. You lay on the beach and got as brown as a nut. You've bought a sunlamp to keep the tan.

A nail goes in for the danger to your skin even though everyone envies your tan.

You have been using a ten speed bike. You have cycled all over London and the suburbs without a mask.

Four nails go in for the polluted air you breathe, but take three off for the exercise you are getting.





You are lead guitarist in a rock band. You play every night at gigs without earplugs.

In go two nails for the damage to your ears.

You have a job in a paint factory where there are no safety controls. There are a lot of fumes. You breathe them in all day.



Knock in two nails for all the damage this is causing to your throat and lungs.



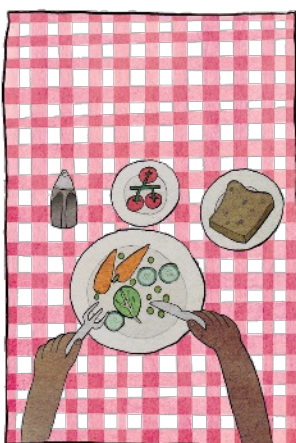
You started smoking when you were at school. Now you get through more than thirty a day.

Five nails go in because your fingers and teeth are yellow, your clothes smell and worse, you have a very bad cough.

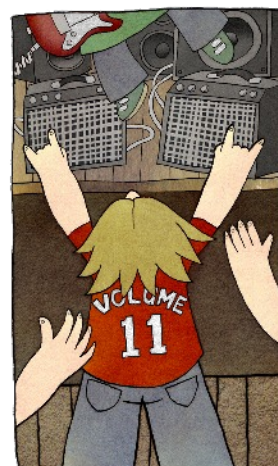


You walk to work regularly. When you go on the tube you always walk up the escalator.

You often go for walk in the country. You like to walk because you see a lot more.

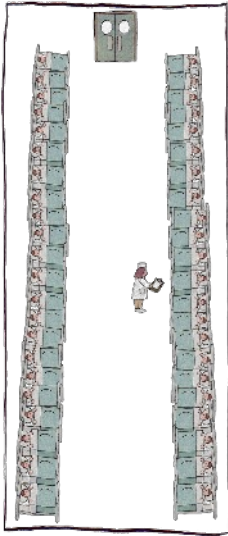


You are never constipated because you eat lots of salads. You love brown bread and you bake delicious biscuits made from oatmeal and wholemeal flour.



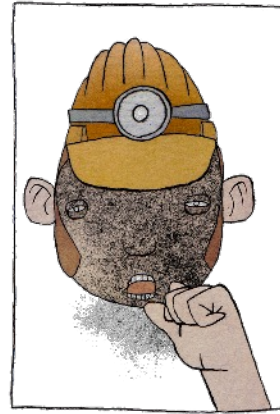
You go to discos every Friday and try to get to rock concerts on Saturdays.

One nail for the noise hurting your ears.



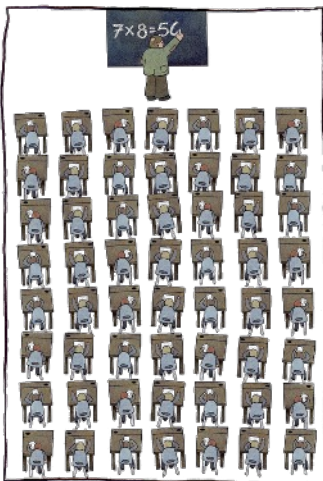
You are a nurse in a large, understaffed hospital. You are very overworked.

Two nails in your coffin for all the stress and worry.



You have worked all your life in a coal pit.

Put three nails in for all the damage caused by the coal dust to your lungs and throat.

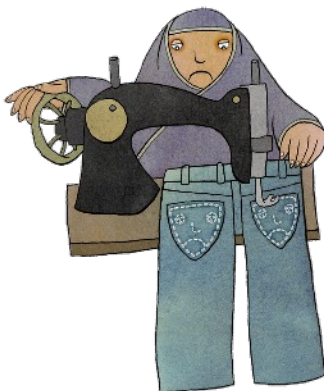


You work in a large city school. It is extremely hard work.

Two nails go in because of all the stress and strain.

You drive a taxi in a large, polluted city. You work long hours and breathe in a lot of traffic fumes.

Knock in two nails for all the damage this is causing to your throat and lungs.



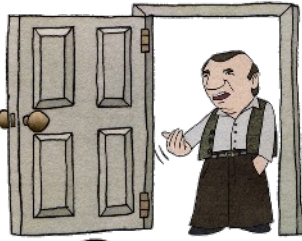
You work at home making dresses and jeans. You are paid very little so you have to work very long hours to feed your family.

Two nails in the coffin for the late nights and the eye strain.

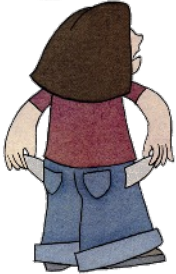


Your house has no bathroom. You have to go outside to the toilet in all weathers. Sometimes the pipes freeze.

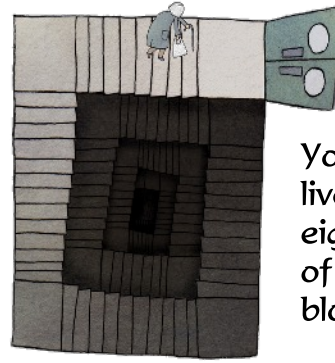
Knock in one nail for the ill affect on your health.



Your landlord wants to get you out of your flat. He is hoping to get more rent for it.

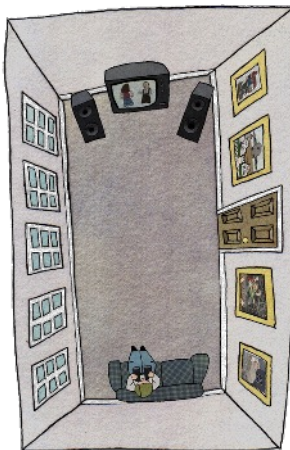


Knock in two nails for all the stress and worry he is causing you.



You are old and live on the eighteenth floor of a high rise block of flats.

Knock in one nail for the strain of climbing the stairs when the lifts break down.



You have a comfortable home with enough space for all the family. There is a well fitted bathroom, central heating and a garden for your young child to play in.

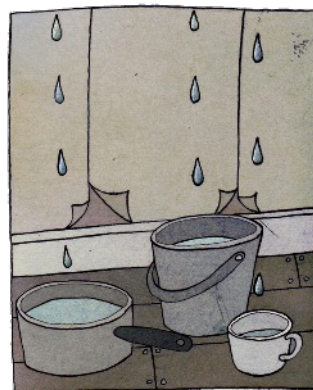


You live on an estate with plenty of trees and grass. There are safe play areas for children. It is a healthy home.



You and your large family live in a one bedroom flat on the fifteenth floor.

Knock in two nails for the stress and strain of living in overcrowded conditions.

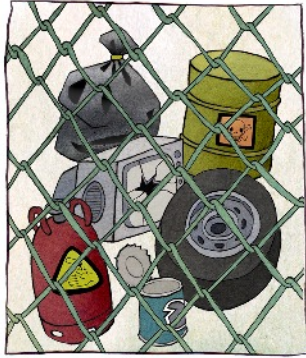


Your flat has become very damp and as a result you have become ill with a lung infection.

Knock in four nails because, although you get well again, your lungs are weaker.

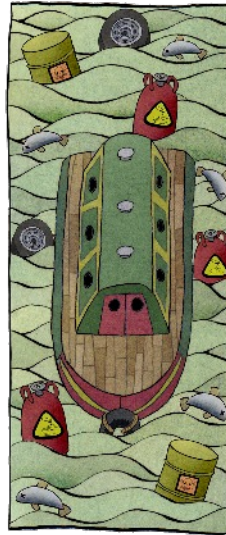
The tenants group on the estate where you live is worried.

They think that poison from the dump next door is getting into people's home.



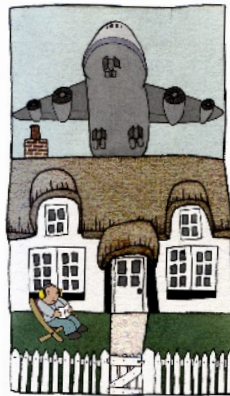
The canal near your house is full of poison. Chemical factories use it as a dump.

Two nails in your coffin for the risk of poisoning by polluted water.

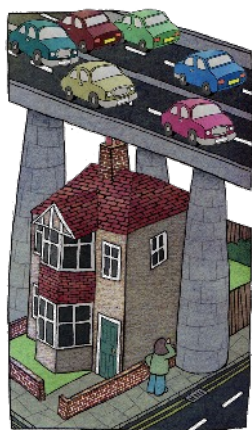


You live in a country house with trees and flowers around you, but your house has no double glazing.

One nail goes in because there is an airport a mile away and the noise of planes is ruining your life.



You are surrounded by beautiful woodlands. It is such a clean and healthy area that the government is planning to build their secret headquarters there.



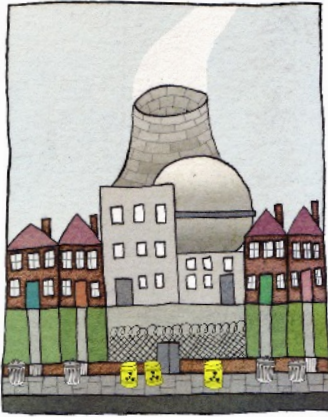
About thirty years ago the government built a raised motorway at the back of your street.

In go two nails because the traffic is getting heavier and the noise and fumes are getting worse.

You live conveniently close to the shops, but there is a noisy, smelly furniture factory near you.

A nail goes in because the wind is often blowing factory dust in your direction.





You live about a mile away from a nuclear power station.

Two nails for the risk and danger of radiation escaping.



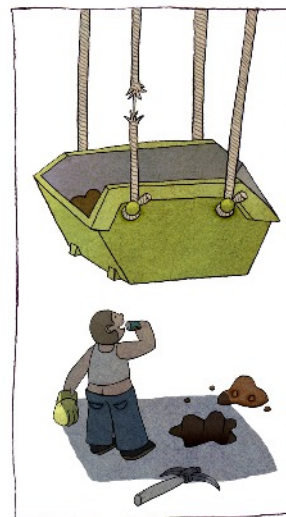
The dump behind your home belongs to the council. Nobody supervises it.

Two nails go in for you, because companies are tipping toxic rubbish on it.



Your home is surrounded by high buildings. At work there are no windows. You only see the sun when you go on holiday.

A nail goes in for the gloomy, dark life you lead.



You work on a building site where there are no health and safety regulations.

Three nails in your coffin for the risk of serious injury.

Another Nail - Coffin

